

Full Report (All Nutrients) 20045, Rice, white, long-grain, regular, enriched, cooked

Report Date: June 27, 2017 04:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
Proximates					
Water	g	68.44	23	0.398	108.14
Energy	kcal	130	--	--	205
Energy	kJ	544	--	--	860
Protein	g	2.69	20	0.060	4.25
Total lipid (fat)	g	0.28	6	0.030	0.44
Ash	g	0.41	20	0.060	0.65
Carbohydrate, by difference	g	28.17	--	--	44.51
Fiber, total dietary	g	0.4	--	--	0.6
Sugars, total	g	0.05	3	0.000	0.08
Minerals					
Calcium, Ca	mg	10	33	0.868	16
Iron, Fe	mg	1.20	39	0.093	1.90
Magnesium, Mg	mg	12	38	0.566	19
Phosphorus, P	mg	43	27	1.833	68
Potassium, K	mg	35	34	1.936	55
Sodium, Na	mg	1	13	0.314	2
Zinc, Zn	mg	0.49	43	0.026	0.77
Copper, Cu	mg	0.069	42	0.005	0.109
Manganese, Mn	mg	0.472	35	0.024	0.746
Selenium, Se	µg	7.5	47	0.459	11.8
Fluoride, F 1 2 3	µg	41.1	21	12.798	64.9

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.163	17	0.014	0.258
Riboflavin	mg	0.013	9	0.001	0.021
Niacin	mg	1.476	17	0.075	2.332
Pantothenic acid	mg	0.390	13	0.033	0.616
Vitamin B-6	mg	0.093	12	0.012	0.147
Folate, total	µg	58	--	--	92
Folic acid	µg	55	--	--	87
Folate, food	µg	3	8	0.184	5
Folate, DFE	µg	97	--	--	153
Choline, total 4	mg	2.1	--	--	3.3
Betaine 4	mg	0.3	2	--	0.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.06
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) 5 6 7	µg	0.0	2	--	0.0
Lipids					
Fatty acids, total saturated	g	0.077	--	--	0.122
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
12:0	g	0.000	--	--	0.000
14:0	g	0.002	--	--	0.003
16:0	g	0.069	--	--	0.109
18:0	g	0.005	--	--	0.008
Fatty acids, total monounsaturated	g	0.088	--	--	0.139
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.087	--	--	0.137
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.076	--	--	0.120
18:2 undifferentiated	g	0.062	--	--	0.098
18:3 undifferentiated	g	0.013	--	--	0.021
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.031	--	--	0.049
Threonine	g	0.096	--	--	0.152
Isoleucine	g	0.116	--	--	0.183
Leucine	g	0.222	--	--	0.351
Lysine	g	0.097	--	--	0.153
Methionine	g	0.063	--	--	0.100
Cystine	g	0.055	--	--	0.087
Phenylalanine	g	0.144	--	--	0.228
Tyrosine	g	0.090	--	--	0.142
Valine	g	0.164	--	--	0.259
Arginine	g	0.224	--	--	0.354
Histidine	g	0.063	--	--	0.100
Alanine	g	0.156	--	--	0.246
Aspartic acid	g	0.253	--	--	0.400

Nutrient	Unit	1			1 cup 158g
		Value Per100 g	Data points	Std. Error	
Glutamic acid	g	0.524	--	--	0.828
Glycine	g	0.122	--	--	0.193
Proline	g	0.127	--	--	0.201
Serine	g	0.141	--	--	0.223
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Flavan-3-ols					
(+)-Catechin ⁸	mg	0.0	1	--	0.0
(-)-Epigallocatechin ⁸	mg	0.0	1	--	0.0
(-)-Epicatechin ⁸	mg	0.0	1	--	0.0
(-)-Epicatechin 3-gallate ⁸	mg	0.0	1	--	0.0
(-)-Epigallocatechin 3-gallate ⁸	mg	0.0	1	--	0.0
(+)-Gallocatechin ⁸	mg	0.0	1	--	0.0
Isoflavones					
Daidzein ⁹	mg	0.00	1	--	0.00
Genistein ⁹	mg	0.00	1	--	0.00
Total isoflavones ⁹	mg	0.01	1	--	0.02

Sources of Data

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- ²J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988
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- ⁵S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579
- ⁶G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597
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- ⁸Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751
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